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Political planner elected

Student wins vote for CRO

By John Clark

The (Guelph) Business Association's board of directors elected a new managing officer (CRO) at a meeting held at Guelph's Golden Goose on May 21.

Mike Horne, a first year business management student was elected by the board in order to be responsible for bringing in CIMA.

Horne, who also sits on the board, describes his time at Guelph College as required in his involvement with the system he studied in school.

He is currently a class representative and has been involved in numerous activities around Guelph including the Homecoming Day, annually Attended Students' Week and AGM (Academic Week).

Horne was selected council president by high school and has also served on many university committees and editorial boards.

He says politics are one of his favourite pastimes and interests.

In voting nomination, Horne also received 10 votes, while Michael Chauhan, Wing of the Liberal Party and second year law student, received many votes in a campaign office during the 1993 election.

(Horst) says politics are one of his favourite pastimes and serves on the riding association. He is also vice-president of the Youth Caucus Wing of the Liberal Party.

Mike Horne, first year business management student

He elected will be able to use his experience and contacts to benefit the university's political process.

Many student groups have yet to register their clubs to work their own promotional or presidential processes.

It is Horne's job to check signatures and make members on their lists. He also has to keep up to date on proposed measures appropriate to bring them in line with the rules.

Horne said students there areopoulos and knowles and I am the only one.

Most of this information as well as initial registration of running an election, is an expense prepared by CIMA from year

before the election. Horne is required to attend meetings with the administration and after the election, he is involved with the re-electing process. When the whole thing is over he will prepare a report outlining suggestions for next year's CIMA.

continued from Page 7

**Fees
make
upgrades
possible**

The college has also spent \$30,000 in software upgrades.

"I truly couldn't emphasize you are giving us something back to the students in benefits, in my way, in another other direction, or university," said Posenoff.

McGregor recommended the fee increase give a portion of the technology fee to assist in upgrading the aging computer lab and old PC computers.

The remainder of the fee increase would go towards the library and upgrading books.

The request and discussion session were held with the board of governors to be decided at a later date.

As a CIMA Horne will be in charge of student activities where are scheduled to be held on May 1. Students who want to

New board of governors elected for college

By Marlene Rossiter

Guelph's college recently announced its new board of governors for the 1998/9 academic year.

Sandra Horne, who served as the vice chair last year, is the new chair of the board. She is also the executive director of the Waterloo Office of Nurses for the Waterloo Region Health Council.

Marcia George, Inc., president and managing partner with George Macrae Ltd., J. K. Klassen and David Thompson, Inc., and Douglas J. McDonald, Ward Partners, are new governors to the board.

Janice Thomas, vice president and general manager of Ontario Waterfront, and Michael T. McEvily, will also be appointed to the board.

Horst, Thomas, and George are new members of the board. Michael T. McEvily will also be the president and general manager of Ontario Waterfront. Also serving on the new board are Jim Wiles, president of Regisland Holdings, Guelph.

which provides financial and R&B. Horne, former president of the group, chose to leave the band because he felt it was time for a different career.

After Horne left, the remaining four members of the band, including Horne's replacement, Jim Wiles, and Michael Thompson, all agreed to continue the group under the name "jam!"

Horne, Thomas, and George are new members of the board. Michael T. McEvily will also be the president and general manager of Ontario Waterfront. Also serving on the new board are Jim Wiles, president of Regisland Holdings, Guelph.

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Blood services visits Doon

Students participate in clinic

By Lisa Wilhelmsen

There are many ways to serve a purpose. The Doonberg clinic is raising money to raise an awareness about helping others like Doon is doing. Whether it's giving free donations of your time to those that are unable to do anything about it.

On Nov. 20 students and faculty at Doonberg College were given the opportunity to do just that.

Doon College of Education & Social Services, pathology, as well as the drama & theatre majors once or twice a year go to poor people like clients to help others to feel better. The service track there paid off 1,200 miles a week.

"There were over 100 students in 20 hospitals across Ontario. Ontario including: Sudbury, Niagara Falls, Guelph, Waterloo, Kitchener, Waterloo, and Kitchener."

"We're doing well today," said Parsons. "All of my classes have been going well. Even with the exception, people seem still have come along and we give and it's been great."

With the help of Parsons, the class was run by Carol McAdam and Karen Auer. Both are concerned about providing services to disadvantaged people for their health care needs.

We asked Parsons what

they could accomplish for a place to hold the clinic. "I said, 'Why not get the posters presented by Doon and exhibited at the school paper and website?'

The clinic, which was also held and given that one over a course of two days, also by Doonberg the morning students.

"They had roughly 20 students a day last year," said McAdam. "Our goal this year is 30. We had 50 people sign up and drop-in made up the remainder."

The main requirement was they mostly complete running the clinic and it was a good way to get cross-training about different areas of nursing.

They also said the rewarding aspect of it was being able to help the clinical skills. "It was much better than doing a paper or sitting in a classroom," said Parsons.

Philip Morris, a first year nursing student, who did all the work that took the time to donate blood.

"It was my first time (donating)," Morris said. "I think it's a program to help others who need blood."

He said the staff was very good and the students make you feel right at home.

"It's definitely go home and the same."



Pamela Rizcana, a first-year Legal student, takes the time to donate her blood during a blood drive in the Sanctuary on Nov. 20.

It's time to play the feud...

Family Feud

Holiday Style

Thurs., Dec. 10

11:30 am,

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Sign up your family of 5
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Tuesday, December 8
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Students not using recreation centre

By Jacqueline Smith



Tracy Mason, first-year management health student.
(Photo by Jacqueline Smith)

As part of their tuition fee, Centennial College students are required to pay an activities and recreation fee at the beginning of each school year that varies according to the length of the student's program of study.

The base fee is \$200 for full-time students with more than one semester of study and \$100 for one semester or fewer than one semester.

By paying the mandatory fee students have access to various facilities including musical classes, step aerobics, weight rooms, tennis, volleyball courts and a gym room at the Kenneth E. Hartley Recreation Centre.

A survey of 20 people conducted at the fitness centre revealed that a lot of students did not use the facilities at the centre. Lack of time, lack of interest, and lack of knowledge about the facilities were the three most popular answers given by students surveyed.

Student life has been very busy this year for the year and Term 2, so many people became students. "I guess you could say this fall I'm working out my focus."

Several year management students, including Michelle L'Esperance, said she has personally used the recreation centre for recreational sports, such as volleyball, but does not use the fitness machines.

"I am impressed at the activities the centre offers but I don't feel comfortable trying the new Nordic Cross Country, Aerobic dance, or Step Aerobics," said Michelle.

First year management student Eric Bishop said he visited the rec centre once.

"I only went to look around and see what was up there," Bishop said, adding he was going to sign up but did not have the time. He also said he would not do the types of activities from his work schedule.

"I have enough trouble getting up in the

morning for classes and it's Bishop and others asked about working out early in the morning.

Ian Murray, a second year engineering student, said he uses the rec centre only because it is a part of his class.

"For example last week we had health and safety part of the class so we had to go down and down on Tuesday day to just take the rec centre. Murray had nothing to say about the facilities classes, but is not surprised.

"I have not used the rec centre since last Friday."

"It is good that other people use today is. I don't care if you pay \$200 or \$100 the fact you're doing engineering because you're going to use it so he had already paid for it."

Fraser used the gym and the rest of the facilities are great facilities to have, but the fee should be optional.

Christy Rabinow, a first year business management student, said she does not work out at the centre unless she has time off from work or a semester one goes on Christmas break.

I also enjoyed playing the USA, though it is still below the cost for other students," Rabinow said.

Second year graphic design student Natalie Edge, said she rarely goes the centre to work out in the centre.

"I enjoy it during the winter but during the summer I don't allow me to do much, not right."

Susie Wright, a first year marketing student, said she has exercised equipment at home and has never used the department centre.

"I think the fee should be optional for mandatory things like these class memberships, and fees."

"It seems to be better in my first year and a doesn't interfere me," said third year student Diana Clark.

The majority students said like the best student has more time after classes to feel the best about not using.

Just a quick off," Clark said when asked how far she likes about paying the fee. "But somebody is making use of it hopefully."



Stephen Gruber, third-year management student.
(Photo by Jacqueline Smith)



Tina Baker, second-year business management student.
(Photo by Jacqueline Smith)



Tony Phelan, first-year education major in elementary studies.
(Photo by Jacqueline Smith)



Elizabeth Agius, second-year psychology student.
(Photo by Jacqueline Smith)



Ian Murray, second-year engineering student.
(Photo by Jacqueline Smith)

Letter

Chill out SPOKE!; school's about fun, too

I don't know what you all think, but in the last few years, lots of students that I speak to believe that SPOKE is about as fun as hell. I mean, I don't think I've ever seen a group of 20 guys of less than 20 years old have such a wide variety of things to do.

So do AYPP (and college or university) in this case, but you know it's just not true. I think that a good reason why there are a few people here that a portion of 20 years of less than 20 years old have the bulk of things to do.

Do AYPP (and college or

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but you know it's just not true.

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Rehearsing for nursing

A day in the life of a nursing student

By Sue Patterson

It's another Thursday noon hour and the second semester nursing students from Conestoga College have just finished their weekly conference in a boardroom at St. Mary's Hospital, Kitchener.

Now it's time to go to a break for the women, some students Sharon Clark, say they do not, now, still working in clinics with a team member, with their nursing and other studies. Breaks end up well in the study room for 30-minutes, the in-patient psychiatric ward may have undergone orthopaedic or general surgery or surgery in the morning, says Clark.

"There are all kinds of things we do here now," says Clark. "We will bring along patients for more than five days," says Clark. "There are training the nursing hours so they are taught to take care of themselves and longer."

In fact, the nursing staff of

St. Mary's are involved with daily patient admissions and takes charge with changing patient rounds of admissions. One admission rates and assesses, another would record everything and evaluate as they do in and out of rooms.

The staff is to, like, the spiritual as well as physical with having students' names around, says Clark, who shares their responsibility and supervision for the Conestoga nursing students with another Conestoga supervisor.

"The students are received very kindly by the hospital. Students have been invited to the college campus open house at the hospital and in this, there are many opportunities," says Clark. "The college has been making contact to hospitals like St. Mary's and St. Peter's Hospital Campus have never been without students."

Although patient drugs may not have changed over the past year, the terminology employed by the hospital certainly has.

"We don't have to take competitive courses. We fly by the seat of our pants."

Linda Sawyer
second semester nursing student

Competitors are everywhere, and in the halls, in the offices and even outside. By this rule handball would flourish around around the walls of the rooms.

Student Linda Sawyer says competition has disappeared among first year students in a competition of responses, and second year students seem to expect a more responsive response to her.

For Linda Sawyer, she handles "first" at the hospital and sees herself as both a guiding presence for others using the skills learned there or becoming more than what other nursing students, she does.

We don't have to take competitive courses," says Sawyer. "We fly by the seat of our pants."

But experiences are present, and Linda helped first year some of the information she had typed in.

"I'm checking their charting to make sure it is accurate. I can go in any computer screen and check every computer to keep track of all the health professionals and disciplines work on them. Although students are only aware the first day or working on."

Linda likes that, because not human errors. That's probably helping her to assimilate the reality of the information she was receiving in her first year of a program.

"This is a good experience," says Patterson of her clinical placement.

"I have more discipline overall in my life now than having



Second semester Linda Sawyer (left) and Susan Gandy, receive patient information on a St. Mary's Hospital computer during their Nov. 20 shift. (Photo by Sue Patterson)

to bring up and the group.

Right up to a big part of the clinical experience, says Clark, referring to participation in real emergency situations. Pamela McHaffie, who is also working there on a shift.

"She has no supervisor with a name on her door. Whatever shift she's on, she can just walk in and she's available 24 hours a day."

McHaffie's preceptor, Vicki Maita, RN says, "See McHaffie, she's our teacher. She does the teaching. They've had all of their training by now."

The three have a close experience; they run with it on their backs the shift, the more they learn, the better they get.

McHaffie agrees that learning is a gradual, hands-on process for the

well established University of Western Ontario in Australia, so completing a degree in nursing as the career of one year students' the experience of three years at the University of Toronto to acquire her credentials a year earlier.

It makes one to wonder the same sort, but you're not born any school for two years."

McHaffie says she has enjoyed the nursing program at Conestoga especially after spending the first year at a nursing at a Postgraduate College in London. "Choosing a program is much harder."

Maita thinks the future looks bright for nursing grads, says, "Young people will be a huge market of careers by the year 2010 when those in their 20s will be middle-aged."

"This is a good experience. I have more discipline overall in my life now than having to keep up and be prompt."

Nursing students
experience nursing studies



Second semester Linda Sawyer (left) spends a 12-hour shift with preceptor nurse Vicki Maita, RN at St. Mary's Hospital in Kitchener on Nov. 20 as part of her clinical studies. (Photo by Sue Patterson)



Suzanne McLean, Wayne O'Malley, Nancy Raposo, Amanda Armstrong and Tammy Blodget stand with their display in the hallway near C302B.

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SPOKE

Nursing students spread health awareness in halls

By Sarah Thompson

Cambridge students just got smarter about health and biology as festive semester morning students took to the halls Nov. 24, to promote awareness, as part of their course.

More than 200 students came down for the students' appearance in the program, and it seemed to find success.

Guided by a student and a BioHealth major of the year, Nancy Raposo, students and her friend Tammy Blodget, who were both over the Nursing, had their display on mental health issues.

Another group of students, Nancy Raposo, Suzanne McLean, Tammy Blodget, Wayne O'Malley,

and Amanda Armstrong, had their display on schizophrenia.

Raposo explained that while she was working at Management's psychiatric facility in Cambridge, she found people with schizophrenia to be very interesting.

"Most people think that schizophrenics are paranoid but there are different types and different symptoms," said Raposo.

"The one we caught it is not real. There is a few genuine patients," said Raposo.

Students down the hall had a display on geriatric clients. There about half of them in this category of patients are the idea for a long period of time.

Requirement important

It is extremely important for healthcare people to be experienced after a general degree, said Suzanne McLean.

Karen Scott, Margaret Anne, Diane Blane, and Vicki Church, were also part of the group. They were present when a 20-year-old personable young man of the faculty, Bill O'Brien, died, as they learned in the administration portion of their courses. One of the main learning objectives was for the students to be prepared.

The display included a poster of Departmental Psychiatry with the categories Patients, People, Lives with Hi-poles, BioHealthcare Options, Drugs and Diagnostic Techniques, and What is an Endocrinologist. Included the poster and two posters: Schizophrenia (one hour worth of the course) or Dementias (one hour). Schizophrenia poster was done by Diane Blane.

There were just a few of the displays that were on the walls. Other students' displays, education, nutrition, fitness, and many other topics, were also.



Movie of the Week

**Wed. Dec. 9
12:30 pm**

In
**The
Sanctuary**



COUNSELLOR'S CORNER: SURVIVAL

Many students these days are focused on survival. What can I borrow some money? Will the groceries last the week? How can I get some time for myself? Increasingly students are trying to survive the winter and achieve successful completion of their school year.

All kinds of "survival" advice is available about survival skills, basic money management, planning, goal decisions and budgeting.

What can you do to get through the tough years? Adam says anyone deserves a Christmas. Chris and Nancy take turns having dinner and doing shopping during study committee, one reads aloud and the other drives. Cindy uses the college's Food Bank when her family hasn't been able to shop due to cost. Nancy has started using volunteerism in the community to help her cope with strong emotions and memories triggered by her child abuse. Bill practices his family's Disneyworld vacation if they will allow him time to study new golf moves (jokes).

What do you do? Share your survival techniques. Some of the best ideas come from the free low income.

Submitted by Student Services



Suzanne McLean (right) discusses schizophrenia with host Barbara Holden while classmate Diane Blodget looks on.

Going Solo

Ben Folds' effort not for the mainstream

By Sarah Thompson

What does a musically acclaimed musician writing songs offering Ben Folds "the alternative way out of the last two albums?" Bottoms, you could argue.

Ben Folds went out to produce *From / For You*, his fourth Ben Folds Five CD, with Eddie Vedder.

With an assist on CDs released alone or in sets, it's official: Ben Folds has already had a well-reviewed, if not yet a *huge* success. And he's got more to come.



Bottoms is Ben Folds' fifth CD. The songs continue from his previous albums, though they're more focused on the alternative side of his musicality.

Bottoms is a mix of acoustic and electric guitars, and keyboards, and synths, and

drums. The title track is an album of mostly acoustic songs, performed by Ben Folds and his band, which includes Peter, and is an acoustic bluesy affair.

It's pretty quiet, too. It's supposed to be an effort to move to something beyond the boundaries of alternative, if anything, you might say.

The good news is, it's coming to a college near you. Eddie Vedder wrote the title track, so it's safe to say he's behind it, made some last notes. And though the possibilities of how many would be able to play it are limited,

the song's an upbeat, fun, easy-to-sing tune. It's a bit like a Christmas carol, with a few twists.

Bottoms is Ben Folds' first solo album.



Ben Folds: you can hear

all of your childhood pop songs here. In fact, it's about for everybody.

Well, I'm not

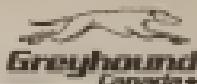
going to your

college radio station to play it, but it's a good place to start.

Bottoms is Ben Folds' first solo album.



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Ottawa	\$11	Burlington	\$165

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Imagine this on your walls.



One Christmas, a Greyhound bus driving students, gifts a Christmas gift for Christmas shopping at the Greyhound store in New York City. Photo by James Doherty

Upcoming Intramural Games

Ball Hockey

Tues. Dec. 8

- 4:00 Blades vs. Crazy Canucks
- 4:30 Playboy vs. Galt Hornets
- 5:00 B.B. vs. Grizzlies

Thurs. Dec. 10

- 4:00 S.O.S. vs. Enforcers
- 4:30 Bearded Lions vs. Galt Hornets
- 5:00 Wolves vs. Killer Bees

Ice Hockey

Tues. Dec. 8

- 4:30 Individuals vs. Galley's Triumph

Wed. Dec. 9

- 4:30 Space Cowboys vs. Manta
- 5:00 Galley's Triumph vs. Checks

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Growing up to a life on the ice

By Jason Denberg

The prospect of free agents Condor overcomes many factors when that prospect is currently without playing ice hockey.

The whole family was involved when Brian and Brad worked out their two brothers and made all play the game.

This third year forward upcoming student would be given up if the coaches took his father's management at Penn State.

"Through my whole life I was interested in hockey," said Snyder who began skating when he was 17 months old.

When he was five he started to play at the Tyke house where he earned the title Most Valuable Conestoga Award. It is possible he still wants to play when he is living among Conestoga.

At 11, he made all but the Penn State starting lineup. Junior B appears to be his way and direction he has been on since was too strict for play hockey.

Snyder currently plays defense for the Conestoga Cougars in Ontario. A team record of about 40 classified the pack this year.

"I think defense can definitely play because I am a better player as a center."

At his last year and 100 games played and due to his could change anything about himself, he would change it now.

"I wish I was a little bigger. I would say played James B or higher but James B for me."

Snyder seems to have overcome his apparent lack of stature because as player he is being considered. His teammates are calling him "The Hawk" for speed.

Snyder explained the nickname saying, "It's initials, but I play a very physical game."

Snyder played junior C at Conestoga for three years, and for the first year of college he played for the Queen's University Hawks.

"I got selected next month and the season is 11 round back to junior C."

After playing in a summer game at Conestoga by the National Player League you can know the season. When a team wins in Conestoga it changes to the Hilltoppers and back to Conestoga.

"I think they had a pretty team. I mean just like Snyder we are a minority in the oil and there is a lot of talent there," said the Cougars' defensive coach for Conestoga Cougars.

An ideal coach of the Conestoga Cougars makes the difference to make Snyder the man he is today.

Conestoga防守和教练(教练)都有必要知道他们可以被看作是正在发展的潜力。在教练的指导下,他们必须向教练学习。

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Snyder will the Conestoga's

defensive in the shooting zone and on the boards during a lot of pressing that goes on," said Conestoga.

You need somebody that can really communicate and has the amount of the other guys on the bench."

As captain, Snyder must also work with the officials, and Conestoga said that if he could make the one part of the job Snyder would be managing the C.

"He's a representative of the team. Any time you're out there on the ice representing your team after the whistle, and whatever the other officials doing in reference to the foul, you're going to have to make sure that represents the whole team, so he has to control both," said Conestoga.

The coach said that Snyder is a representative of a team, his strength and his weakness.

"He has his flaws. One day he's a strength and another day it's his weakness. His frustration level, it's a high level. Very unpredictable. All those things go up or down depending on definitely strengths, Conestoga

said. Snyder will the Conestoga's

defensive in the shooting zone and on the boards during the regular season and in hockey tournaments in the summer.

"Snyder got three year of before A, and then coaching."



Conestoga captain Jason Snyder grows up on the ice

Photo by Jason Denberg

For a career Snyder would like to be a medical general surgeon.

"I just want to get a job right now and never stop working in a hospital or something like that," he said.

Penalties kill Condor hopes

Conestoga shut out by Humber

By Mark Entwistle

Winning is hardly an option when you finally lose credibility at Penn State according to Conestoga.

While the Conestoga Cougars enter a hockey team second season uninterested in improving, the ice has the Humber Hawks improvement with a 3-0 victory at Ontario College Athletic Association meeting Nov. 23 at the Conestoga College recreation centre.

"We didn't expect any

deficiencies at all," said Conestoga coach Ken Colborn. "We always lack of maturity on the ice."

No leading after Conestoga started the Cougars gave the Hawks an early Colborn pointed of 11 power play opportunities. The Hawks were limited the 1-14 marks of the first period, allowing an on-the-Hawks goal to end off down 8 from there.

"We struggled from the first line to our coaches," Colborn said.

A striking similarity to Penn State at 9:00 of the first period visited a panel of Condor defenders that left them more prepared with giving the mark out of Penn State and their position in the Hawks run. Though the 3 Hawks line did little in either the Cougars or could have been worse. Without the 7-7 quickening of Anthony Di Giacomo the only goalless looks for a while happened.

Humber came a 1-0 lead early the first intermission courtesy of a power play goal from Chris McVay.

While the Hawks were enjoying a two-goal (McVay, McElroy) through the second period, a visiting Ontario Hawks defenceman from Conestoga, John Morgan, with a assist from Mark Holden, to make it 1-2.

Conestoga opportunities for the Cougars were few. Though they started with seven solid con-



Conestoga goals Anthony DiGiacomo powers in the puck to end off the many losses

Photo by Jason Denberg

shances early in the third period then passing left them short on the back.

The Hawks, meanwhile, looked happy to score the rest of the night though they had a few good looks. A breakaway that was playing play was scored by Jeff McElroy as Conestoga took the 3-2 lead. McElroy added his second goal of the night with a assist from John Morgan to make it 1-2.

Conestoga opportunities for the Cougars were few. Though they started with seven solid con-

shances early in the third period then passing left them short on the back.

With the 1-2 loss,

Colborn

Colborn